

**"An empowering adventure!"**

Kelly Brownlee, MRC

**"I gained self-confidence and the knowledge that anything is possible."**

Jess Pia, Student

**"Very empowering and a great self-confidence booster"**

Jill Evans, MRC

**"An awesome experience – every woman needs to attend. Mothers, go with your daughters!"**

Brenda Olinek, YWCA Focus

**"The girls who teach the course demonstrated total professionalism at all times, and I loved the way they incorporated humour into such a serious topic."**

Kathie Strother, Teacher  
Bishop O'Byrne Sr. High School

**"Thank you for your informative and energetic course on self-defense. The students utterly enjoyed themselves. I heard from them over and over what fun they had and how much they enjoyed learning not only about self-defense moves but also about the power of positive thinking!"**

Laura Mergen, Teacher  
F.E. Osborne Jr. High School

**"I was most impressed with this program and would recommend it for junior high school age girls. As a parent of three girls, I only wish that they could have had a program such as this when they were in junior high. I commend Deb deWaal for the great work that her company has done in producing such a great programs."**

Joy Taylor, Education Manager  
Curriculum Branch  
Calgary Catholic School Board

## Safe & Sound Instructors

Safe & Sound **Lead Instructors** are Police Officers who have experience dealing with violent situations on city streets. Our **Team Members** are well-trained safety professionals. They have taught personal safety strategies to Canadian citizens and organizations since 1995.

## Courses and Services by Safe & Sound

- SafeKids 1 (ages 3-5)
- SafeKids 2 (ages 6-11)
- Safeteen Personal Safety for Teens
- Level I Personal Safety for Adults
- Level I Personal Safety for Persons with Disabilities
- Level II Advanced Personal Safety
- Customized Corporate Programs
- Corporate Team Building Events
- Refresher Courses
- Safely Managing Difficult Customers
- Conflict Management
- Mastery Series

## For More Information

**Safe & Sound  
Safety Training & Consulting Ltd.**  
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Fax: (403) 216-7001  
Toll Free: 1-888-828-8185  
Email: info@safeandsound.ca  
Web: www.safeandsound.ca

Available for bookings throughout Canada and the United States. Group maximum is 25 participants. Courses can be customized. Please contact us for more information.

great instructor  
everyone deserves  
their humour, es  
to be safe and  
and information  
sound..it's  
made for a real  
90% mental,  
fantastic course...  
10% physical

# safeteen



that I can  
fight back in  
attack situa  
I should alw  
plan. I have  
the strength  
and confiden  
it's 90% men



Through Safeteen®, your teen will master personal boundaries, self confidence, and mental toughness.

# safeteen

**“Excellent – no... more than excellent”**  
*Reta Hart, MRC*

**“Safe and Sound without a doubt, is one of the best, if not the best, Personal Safety program that I have offered throughout my 20 year teaching career.”**  
*Kathie Strother, Teacher*  
*Bishop O'Byrne Sr. High School*

**“This course taught me I can fight back in an attack situation. I used to wonder, but now I know”**  
*Chandra Swainson, MRC*

**“I know now that I am able to fight back and that I have the strength and confidence to do that”**  
*Girl Guides of Canada Leader*

## What will Your Teens Learn from Safeteen®?

**Your teens have gained independence; do they how to handle it?** Put them into this dynamic program so you can be at ease knowing they are out there armed with the skills to recognize, avoid and manage dangerous situations. Safeteen® is a dynamic, experiential four-hour program specifically designed for teenagers. During the four hours the teens will learn the importance of setting personal boundaries and how to protect them. The confidence they gain from this course will set them up for success in every area of their life.

## Program Components

### Facilitated Discussion

The first component is a facilitated discussion in a classroom setting that will cover common sense safety practices specific to teen lifestyles. Students will create an individual safety plan that will cover

- how to recognize and avoid potentially dangerous situations and,
- what to do if they find themselves in one
- handling negative peer pressure.

### Hands-on Training

The participants will learn simple and essential physical skills covering what to do if attacked from the front and back and how to get out of holds.

### Mental Toughness®

This session will teach confidence and self-esteem building tools as well as the skills they need to know to prevent ‘freezing’ or ‘panicking’.

### Experiential Learning

We believe in experiential learning – therefore, the last component is the “Padded Attacker”. It is one thing to **wonder** how you would react to a dangerous situation, it’s another to **know** how you would react. The teens will get an opportunity to test their skills in a simulated attack with a padded opponent! Your teen will leave this class with confidence, **knowing** that they can implement their safety plan.

For course fees and availability, call Safe and Sound, at (403) 216-7000 or email us at [info@safesoundsound.ca](mailto:info@safesoundsound.ca).

## Who is Safeteen® For?

Teens aged 12 to 17 years – Minimum 16 participants; Maximum 25

### Group Ideas

Scout groups, Sleepover Parties, Sport Teams, Junior High & Senior High School Students



The Safe and Sound Team - Leaders with real life experience.



Debra deWaal, President and Caesar

“Keeping yourself safe is 90% mental and 10% physical. Many personal crimes can be prevented if you have a solid safety plan that works for you, and the confidence and skills to carry it out. Safeteen® will give you these tools.”

*Debra deWaal*

Presented by

